C T 631 in one small village and must pay their hereditary ruler an annual head tax from that one place and, in disputes, must take refuge from his tribunal.

C 304 One striking peculiarity of the Tao tschou Chinese women is the way their feet are bound. The great toe is bent up vertically whereas the rest of the toes are as usual bent under the sole of the foot (Plate LXX). Thus the foot is not shortened as much as in the usual form of crippling; but inasmuch as the foot must be crippled throughout North and West China, and the country people, especially, cling obstinately to the old custom, this less severe fashion developed when women evidently sought to make walking easier for themselves. In the ever-changing struggles between Mohammedans and Chinese the defeated side originally always had to sacrifice all their women to the rage of the victors. They lost their mothers and daughters. With the 3-inch feet developed by the ordinary method of binding, the women never escaped; after a few lis their little feet were completely chafed and the poor things could only crawl on their knees. With the new way of foot-binding, which must have been prevalent for at least four generation, the Tao tschou women can march as well as their Hsining sisters who merely curl their smaller toes under but even so achieve a tolerably trim little foot! This Tao tschou makeshift is also worn day and night beginning with the eighth year. The strips of cloth which bend the toes are never taken off, but only changed and, as always, even husbands are not permitted to see the naked foot of their wives. A woman would be mortified to death. Even I was not permitted to see the feet shown on the photographs in nature. The owners of the feet made the pictures themselves with my camera. Only in front of this dead object and for a bribe did two little women who were poor as beggars dare to expose themselves.

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000 My portrayal of East Tibet would not have been complete if I had not concluded my journey by visiting the political center of the north, Labrang /307/ or Lawrang, the Gomba of the Mongol king Hwang Ho nan chün wang, head of Amdo, the most successful rival of Gum bum. The distance thither is figured at four ts'an lu (days' journey) from Batser (Tao tschou); the road goes northwest and again through Tibetan country, through Amdo, that is, the "low country" of Tibet which consists of moderately high mountains with broad valleys which permit extensive barley cultivation and present valley

/312 A/

Plate LXX.

C
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Crippled feet according to the Tao tschou fashion with the great toe bent upward.

Foot of a 19-year-old. Foot of a woman of 60.

T
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Fashions of the women of Dschoni.

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